GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

WINTER STORM SAFETY

The last two winters have been two of the worst in our country's history, and we might be saying the same thing about this one. Heavy snows, high winds and sub-freezing temperatures have caused suffering and even death in many areas of the country that normally would have little or no snow.

Again this year, I wish to share information to help you keep your families safer during bad winter weather.

Winter storm safety procedures are second nature to those who live in the northern and mid-western parts of our country, but for others this common knowledge may not be so common. I wish to share with you this week some things that we should do to help make our homes safer for our families:

1. Pay attention to weather forecasts.

2. Check battery powered equipment, emergency cooking equipment and flashlights, and keep these in good order.

3. Check your supply of heating fuel. Fuel carriers may not be able to deliver during heavy snow and bad road conditions.

4. Stock extra food. Be sure to include foods that need no cooking.

5. If the power is out, keep your refrigerator door closed The food in your refrigerator and freezer will be safe from spoilage a minimum of two days if you don't open them at all. If you must go in and out of your refrigerator, be sure that you get as many things as necessary at one time and replace them all at one time.

6. Prevent fires by not overheating your stove, heater or furnace. Don't leave fireplaces unattended.

7. Stay indoors as much as possible. Cold winds and temperatures put extra stress on your body.

8. If you must go out, wear several layers of loose-fitting clothing. Layers of clothing trap warm air next to your body and serve as layers of insulation.

9. Get your car winterized. Keep the gas tanks filled. Be sure to use snow tires or chains when traveling.

10. If you must travel in bad weather, be sure someone knows where you are going and the time you expect to arrive.

What should we do during a power failure? The major problem that most of us have is keeping our family and ourselves warm. To conserve body heat, put on extra clothes or extra blankets if it is bedtime. Use layers of clothing, because this serves as layers of insulation. You should keep your head covered. 40% of our body's heat can be lost from our heads.

We should try to improvise an alternate heat source. Some possibilities include a fireplace, wood, coal, gas or oil stoves or space heaters. Please exercise extreme caution when using alternate heat sources in our homes.

We should keep a supply of candles, matches and at least one kerosene or gas lantern handy. This is good for us to have in case the electrical power goes off in our home.

If our water supply is shut off because of electrical outages, sanitation can become a problem. We should flush the toilets only enough to prevent clogging. Some suggestions include having a covered container for disposing of toilet tissue. Another suggestion is to draw a bathtub full of water to have for flushing the toilet.

In case of power outages, turn off or unplug all appliances and turn off all light switches. This will help the power company when they try to turn the power back on, and will keep some of our appliances from being damaged by a sudden surge of power.

If you have questions on how you can be better prepared for the ice and snow in the winter of 1979, you may call or write the Appomattox County Extension Office. If will be a pleasure to help you in any way we can.

Our phone number is 352-8244, and our Post Office Box is 488.

Homemakers, have a good week and be careful in the ice and snow.

RECIPE OF THE WEEK

Vegetable Medley Salad

1 can No. 303 green peas - drained
1 can No. 303 whole kernel corn - drained
1 can No. 303 red kidney beans - drained
1 can No. 303 yellow wax beans-drained
1 can No. 303 French cut green beans - drained
1 large onion - sliced thinly
1 large green pepper - chopped finely

Heat together and pour over the above:
½ cup salad oil
½ cup vinegar
¾ cup sugar
1 teaspoon salt
½ teaspoon pepper

Cool and refrigerate. This vegetable medley will keep for 1 week in the refrigerator.

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photo by Herb Chambers

Barbara Litton, Sue Derbin and Robin Blakes, left to right above, representing the March of Dimes presented the program at the January meeting of the FBLA.

Charles A. Padgett

FBLA News

The Appomattox Chapter Future Business Leaders of America held a joint meeting with the Future Business Leaders of America on Wednesday, January 3, in the ACHS auditorium. A program consisting of three filmstrips was hosted by representatives of the March of Dimes.

Plans for the March of Dimes Dance-A-Thon to be held February 24 are now being put into action as FBLA members prepare to raise money for this worthy cause. A speaker from the March of Dimes explained to our members how the money we raised from last year's dance-a-thon was used to help the March of Dimes. Neo-natal equipment and heart monitors were two of the items our chapter helped provide for Virginia Baptist Hospital.

Sponsor sheets will be available in the Business and Home Economics Departments and the entire school is urged to participate with the help of the community.

February 12-16 is set aside for National FBLA Week. Daily activities, planned by Mrs. Holt's business classes, will be posted on the Bulletin Board in the business department. FBLA has also started preparing for Regionals which will be held on March 31.

Gail Doss, Reporter

Virginia Fibre Reports Weekly Wood Purchases

Listed below is the total dollar volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending December 29, 1978. Purchases are listed by counties.

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Albermarle	10,683.12
Amelia	955.10
Amherst	9,389.00
Appomattox	8,698.80
Augusta	318.51
Bedford County	2,676.70
Buckingham	18,347.51
Campbell	9,081.49
Charlotte	474.31
Cumberland	4,167.49
Franklin County	561.86
Goochland	1,713.16
Louisa	362.25
Nelson	5,171.20
Pittsylvania	960.40
Powhatan	746.09
Prince Edward	6,362.73
Prince William	519.84
Total	81,179.44

We feel this information is of interest to our readers in Appomattox County and in adjoining counties.

Completes 8 Weeks Training

Airman Apprentice Charles A. "Chuck" Padgett, son of Mr. and Mrs. Charles A. Padgett of Route 2, Concord, has completed eight weeks of schooling at Great Lakes Naval Training Center, Great Lakes, Illinois.

He is presently receiving advanced air craft fundamental training at Lakehurst Naval Air Technical Training Center in Lakehurst, New Jersey. He entered the Navy in September of 1978 after attending Appomattox County High School.

State Income Tax Forms In Mail

RICHMOND - Virginians can expect to receive their state income tax forms in the mail sometime this week, according to a spokesman for the Virginia Department of Taxation. Taxpayers who do not receive forms in early January, or who need a special form such as Form 760PY for Part-Year Resident, should contact their local commissioner of the revenue or director of finance for forms and assistance.

Taxpayers can help prevent delays in the processing of their returns and speed up refunds by filing early, the spokesman said, because a return filed in January can be processed in up to five weeks less time than one filed in May. Use of the preaddressed peel-off labels that come with the tax packets can also cut processing time and cost and ensure use of the correct social security number.

Taxpayers should also double check their returns for errors before filing, the spokesman added. Last year more than 40,000 refunds were delayed because the returns were not signed, did not include all W-2's and schedules, or contained math errors.

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1979 RABIES
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Place	TIME	DATE
Appo. Animal Hos.	2-4 p.m.	Wed., Jan. 10
Appo. Animal Hos.	2-4 p.m.	Fri., Jan. 26
Buckingham C.H.	10-12- noon	Sat., Jan. 27
Pamplin Fire House	12:30 - 1:30	Wed., Jan. 31
Chambers Store	2-3 p.m.	Wed., Jan. 31
Red House, Va.		

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"The South 40" by JAMES A. SMITH EXTENSION AGENT

The printed report of the 1978 Virginia Corn Performance Trials should be available by mid-January. Those that would like to have a copy call or stop by and we'll see that you get one.

There will be a new term in this report "Average relative performance." It is used to help evaluate a hybrid tested at several locations in one year.

The outstanding corn varieties in 1978 were: Wilstar 5553 and 5555 in the early maturity, Northrup King PX74 in the medium maturity group and Pioneer 3111 in the mid-fall season maturity group.

* * *

The Virginia Corn Growers Association Annual Meeting is January 19 at the Hospitality House in Williamsburg.

Major corn growers need to support this group. It is going to become stronger and more effective in the state.

* * *

Agriculture census forms will be mailed out this month to every household who conducts agriculture operations. The data from this survey is no better than the information provided.

Take a few minutes and complete the form as accurately as possible. The information is valuable for planning purposes.

* * *

The Red House Senior Bull Sale is set for Saturday, January 27. Need a bull? Then drive over and see this set of bulls. It's a noon sale!

* * *

Even before the New Year arrived forms for filing 1978 taxes were in the mail box.

One of the important annual meetings held in Virginia each year is sponsored by VPI& SU, the Virginia Agribusiness Council and Virginia Farm Bureau Federation.

This year the 1979 Forum on the future of Virginia Agriculture will feature "Taxes, Revenues and Expenditures." It's set for February 20-21 in Charlottesville. We have detailed information for those interested in attending.

* * *

The Southern Farm Show is February 1, 2 & 3 at the NC State Fair Grounds, Raleigh, North Carolina. Featured are the latest equipment, supplies and methods; livestock shows and sales. Programs and free tickets are available from this office.

* * *

Did you know that there were more than 30 bills relating to Virginia environment and natural resources carried over from the 1978 session of the General Assembly that will be reconsidered by the 1979 session?

* * *

Public hearings on 208 program Best Management Practices will be held in February according to the State Water Control Board. No dates or places have been announced.

* * *

If you are adding electric heaters or converting to all-electric heating, let your power supplier know. They need to know in order to design their service equipment.

* * *

Many synthetic engine oil manufacturers recommend more than 15,000 miles or one year before a change. Check your manual for frequency of oil change. This will help avoid the warranty being voided.

PRECIPITATION:

Last Week	1.23
This Month	2.23
This Year	2.23

Rocks

January 8 - First snow of the season bame Friday night. It was quite cold last week. The first twelve days are said to tell us what each month will be like during the year.

Sympathy is extended Betty Ransom of Farmville whose grandmother was buried on Wednesday.

The Friendship Circle had their January meeting with Mrs. Lockie Moore on Tuesday afternoon.

Rev. and Mrs. W. H. Elder and girls were visiting in the Hollywood neighborhood during the Christmas holidays.

Mr. and Mrs. Matthew Wilson of Illinois arrived last Wednesday to visit Rev. and Mrs. A. M. Taylor and his family of Lynchburg for a few days.

The Laura Lee Circle will go to Keysville Nursing Home on Tuesday.

Glad to have Mrs. Margaret Marshall back at church on Sunday.

Get well wishes go out to Florence Ranson and Rosa Lee Richardson who are on the sick list, also Irma Lee Woody had a finger operation recently.

Rev. W. H. Elder preached at Sunday.

It was a bad foggy day and much rain on Sunday. Had a nice service.

Samuel Martin left Thursday for Johnson City, Tennessee with a load of Burley tobacco. Returned home Saturday afternoon.

Bob Martin was sick all last week with a bad throat and had to miss school.

Peter Larkin Heads State's ASAS Program

RICHMOND - Peter Larkin, director of the Arlington Alcohol Safety Action Program (ASAP), has been elected president of the Virginia ASAP Director's Association.

Other newly elected association officers are: Theodore (Ted) Fitzgerald, Peninsula ASAP Director, vice president; Chuck Poe, Eastern Shore ASAP Director, secretary; and Robert Rangely, Twenty-Second Judicial ASAP Director, treasurer.

Elaine Böyle, Fairfax ASAP Director; Mary Jane Soles, Northern Neck/Middle Peninsula ASAP Director; and L. T. Townes, Central Virginia ASAP Director, will serve as executive board members in 1979.

The new officers and board members took office on January 1, 1979. The Association's objective is to coordinate efforts to reduce alcohol related crashes and fatalities on Virginia's highways.

EARLY BUTTERNUT HYBRID WINTER SQUASH is a 1979 Bronze Medal All-American winner. The name Butternut covers a large and varied class of winter-stored squash. Certain Butternut varieties bear fruit that are too large for some families.

Early Butternut Hybrid fruits average 3½ pounds in weight; just right for two large servings when split and baked. Fruits can also be peeled, steamed and pureed for pies and soups.

The vines of Early Butternuts spread 5 to 10 feet and are more open than regular Butternut. Yields are very heavy. Intensive gardens where space is limited can accomodate Early Butternut; vines can be run up sturdy tripods six to seven feet in height.

Early Butternut fruits develop hard shells and are ready for picking and storage ten days earlier than standard Butternut. Fruits vary from light tan to bronze in color, are smooth skinned and have thick necks, solid and fleshy.

When harvesting Butternuts squash, leave an inch or so of stem on the fruits and brush off the soil rather than washing. Handle carefully to avoid bruising. The seed cavity of Early Butternut fruit is small. Virtually all the fruit is edible. In fact, the seeds can be washed, dried and roasted. Early Butternut squash is relished for its light flavor and firm texture that doesn't become mushy in baking.

Early Butternut matures in approximately 85 days.

AMS Spirit Club Starts New Tradition at AMS

Come join the fun at Appomattox Middle School in the gym on January 19 from 9:30 a.m. til 5:00 p.m. The AMS Spirit Club is sponsoring a Radio-Thon for the American Cancer Society to benefit the various activities that can not be played at the beginning of every hour except 1:00. At 1:00 a talent hour "Gong Show" will begin.

Records will be given away as well as VIP White House Cookbooks, which will be given away to the first 60 people who give $5.00 or more to the American Cancer Society.

If you would like to participate in the talent show, anyone of any age may sign up on the sheets provided - at AMS, ACHS or the Traveler's Inn Motel. No prizes will be given but it should be a lot of fun.

Come out and enjoy yourself. Refreshments will be available. Help support the American Cancer Society through the AMS Spirit Club Radio-thon. Our goal is $500.00!

Musical Program at Promise Land

A special musical program will be presented at the Promise Land Baptist Church this Sunday evening at 7 p.m. The program will be presented by the Silver Grove Gospel Singers of Rustburg, Virginia. All members and friends are invited to attend.

Impressive service was held at the Galilee Baptist Church last Sunday morning at the regular preaching hour. The pastor delivered a special New Years sermon. Beautiful music was rendered by the church choirs. Several visitors attended the service. Immediately following the morning worship the Holy Communion was served.

The president of the local church branch of the NAACP is asking all members and friends to meet at Zion Baptist Church on Monday evening after the third Sunday in this month instead of Monday evening after the second Sunday. This change became necessary because of the local branch's support in community progress.

The general public is invited to attend the regular worship service at the Mount Shiloh Baptist Church this Sunday morning at 11 a.m.

The Rev. and Mrs. Walker of the St. Joy Baptist Church and the Rev. and Mrs. R. Q. Lawing, Sr. and Deacon Percy Johnson were the special guest of the local Widow's Club last Sunday evening at Maudes.

Deacon George Harvey of the Mount Shiloh Baptist Church is improving after an operation in the Lynchburg General Hospital.

Mrs. Mable Goode is receiving special treatment in the Lynchburg General Hospital after a very serious car accident.

Mr. John Watson has returned to his home here after receiving special treatment in the local Lynchburg hospital.

Mr. Calvin Poteate of Baltimore was the special guest of Miss Frances Watson over the week end.

Zion Baptist

A large crowd attended the morning service at 11 a.m. with Rev. Wyatt Venable as guest speaker. The subject of this sermon was "Are You Annanis or Scrphaises?" Everyone present enjoyed the service very much, he was accompanied by Rev. Watson. Two selections were rendered by the Zion Baptist Male Chorus. The offering lifted by Dea. Lawson, Dea. Jennings, Dea. Johnson and Dea. Ferguson. The sick, mission and general offering for the day was very good, followed by the Holy Communion. Visitors were welcomed by our clerk, also, with our sick and shut-ins are improving nicely, we were so happy to see so many out today despite the bad weather.

Mr. Arthur Morton and Miss Mary Mallorey were recent dinner guest in the home of Mrs. Barbara Radcliff. Mr. William Hunter of Maryland and Miss Ruby Best visited his parents recently Mr. and Mrs. Wesley Hunter.

Rev. H. O. Flood will preach at the Zion Baptist Church January 21 at 11 a.m.

The Ladies Aid of the Zion Church will meet next Sunday at 2 p.m. at the church. Mrs. Alma Robertson will be the hostess. Mrs. Mildred Wheeler continue ill at the Virginia Baptist Hospital.

Dea. Ross Edward is on the sick list also Mrs. Ann Franklin.

Mrs. Sarah Pennix visited her sister in the Evans Rest home during the holidays.

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